

STRESSMAP

FINDING YOUR PRESSURE POINTS



C. Michele Haney, Ph.D.
Edmond W. Boenisch, Jr., Ph.D.

Stressmap Finding Your Pressure Points

Huangqi Zhang



Stressmap Finding Your Pressure Points:

StressMap C. Michele Haney, Edmond W. Boenisch, 1987 A personal guidebook for pinpointing sources of stress and finding stress relief With questionnaire maps that help the reader to survey people money work body mind and leisure stress areas Worksheets permit an individualized plan for relief Mother Jones Magazine ,1983-06 Mother Jones is an award winning national magazine widely respected for its groundbreaking investigative reporting and coverage of sustainability and environmental issues Mother Jones Magazine ,1983-09 Mother Jones is an award winning national magazine widely respected for its groundbreaking investigative reporting and coverage of sustainability and environmental issues **The Stress Owner's Manual** Edmond Boenisch, Edmond W. Boenisch, Michele Haney, Ed Boenisch, 1996 Offers specific solutions to help you assess the areas of stress in your life activities for dealing with stress on the spot life changing strategies You can find immediate short term relief from stress pinpoint the sources of life stress learn ways to manage stress over the long haul avoid burnout Discusses attitudes behaviors relaxation eating habits physical fitness time management Emphasizes meaning keeping perspective and balance **Yoga Journal** ,1983-05 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty **The Complete Guide to Your Emotions and Your Health** Emrika Padus, 1958-08-15 **Mother Jones Magazine** ,1983-11 Mother Jones is an award winning national magazine widely respected for its groundbreaking investigative reporting and coverage of sustainability and environmental issues Health Education ,1984 Yoga Journal ,1983-03 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty *The Whole Book of Health* O. Quentin Hyder, 1985

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